June 22, 2020

Making the most of it! Danae & Kristina Petrakis, Julian Sapirstein, Duke Dahlin and Syd Williams, after a swim at China Beach.

Team Announcements

Just wanted to say thanks to Julie Ask for sending along this great photo. Please send any you have of the team to USF Koret Aquatics@gmail.com and we’ll try to share them in future newsletters.

USF Masters Workouts

Check out some new USF Masters workouts coming up! Click here to sign up for classes. Please sign up each week 24 hours in advance so we can get the link to the class in time:
- Sunday 8pm & Thursday 1:30pm: Open Plates with Rosemary
- Tuesday 4pm & Thursday 1:30pm: Strength and Conditioning with Maggie

Konst Fitness Classes

Looking for additional classes through Konst? Check out the website for:
- NEW VIRTUAL OPTIONS

Other Dryland Workouts

Workout #1
- Find a free at-home dryland workout that targets specific muscles or your daily routine.

Workout #2
- Try a home dryland workout from USMS.

Workout #3
- This website offers a wide variety of different workouts for all ages!

Workout #4
- Try an at-home dryland workout from USMS!

Workout #5
- These exercises add variety to your daily routine.

Inspiring Quote of the Week

“Do the best you can, until you know better. Then when you know better, do better.” — Maya Angelou

Challenge of the Week

Find your personal gym in your local area.

Some Fun Stuff

Find Us on Instagram: Cody Miller is sharing in ways to get closer to the water in the summer:
- Play a game of Solitaire on this website.
- Watch a movie for free on Youtube.

Closing

Follow Us on Instagram and Twitter to keep up with Usfca on your favorite social media.

To continue receiving our emails, add us to your address book.

View this email online.

This email was sent to . To change your subscriptions, please visit the USFCA Reminders page.